



I'm Ok But You Need Professional Help: Using Humor to Fight Stigma!

May is
Mental Health Month

Stand Up for Mental
Health with comedian
David Granirer.

Thursday, May 21, 2009

6:30 pm

TC Williams High School
Auditorium

3330 King Street
Alexandria, VA 22302

Two CEUs

Book signing following the
presentation.

www.standupformentalhealth.com

David Granirer is an internationally recognized counselor, stand-up comic and author of *The Happy Neurotic: How Fear and Angst Can Lead to Happiness and Success*.



This hilarious presentation is part comedy and part education. David, who lives with depression, looks at how humor can fight the stigma around mental illness.

For this presentation, David has taught five Alexandria CSB clients to become stand-up comics! Their acts look at the lighter side of taking meds, seeing counselors, and surviving the mental health system. Through video clips, you'll see examples of other comics breaking down barriers by finding the lighter side of their mental health journeys.

If you live with a mental illness or if you have an interest in mental health, you'll love this show!

This event is offered to the community in recognition of National Mental Health Month as part of the Partnership for A Healthier Alexandria's HOPE Campaign to fight the stigma of accessing mental health services.

